



International Journal of Management, IT & Engineering

(ISSN: 2249-0558)

CONTENTS

Sr. No.	TITLE & NAME OF THE AUTHOR (S)	Page No.
<u>1</u>	Homogeneous Markov Processes On Discrete Time Queues To Continuous Time. Dr. Mayank Pawar and Dr. Bhuvnender Chaudhary	<u>1-13</u>
<u>2</u>	An Enhancing Productivity And Performance Of The Employees By Exploring Employee Satisfaction: An Efficacious Tool For It Sector In India. Archana Singh, Lokendra Vikram Singh and Dr. Peeyush Khare	<u>14-30</u>
<u>3</u>	Application Of Analytical Tools In Student Retention System. Vibha Gupta, Yasmin Shaikh and Dr. Geeta Neema	<u>31-43</u>
<u>4</u>	V.I.E.T – A Case of Leadership Gone Wrong. Rashmi Sharma	<u>44-53</u>
<u>5</u>	The Steady-State Solution Of Multiple Parallel Channels In Series And Non-Serial Servers With Balking & Reneging Due To Long Queue And Some Urgent Message. Meenu Gupta, Man Singh and Deepak Gupta	<u>54-68</u>
<u>6</u>	A Study On Personal Financial Planning For It Sector Investor In Pune. Pravin Narayan Mahamuni, Santosh Kalabhau Apte and Dr. Anand Ganpatrao Jumle	<u>69-89</u>
<u>7</u>	Industrial Energy: what role for Policies? Dr. M. Sugunatha Reddy and Dr. B. Rama Bhupal Reddy	<u>90-118</u>
<u>8</u>	Micro finance – Role of Banking intermediaries in Inclusive Economic Growth. Suresha B and Dr. Gajendra Naidu	<u>119-140</u>
<u>9</u>	A Comparative Study Of Public (Sbi & Uti) & Private (Hdfc & Icici) Asset Management Companies Funds (Balanced, Gilt (Long Term & Short Term) On The Basis Of Nav, Fund Average Return, Risk. Shelly Singhal, Savi Chanana and Gaurav Kamboj	<u>141-164</u>
<u>10</u>	Performance Issues of Individual and Team Game Planning. Mamta Jangra	<u>165-177</u>
<u>11</u>	Measuring Quantitative Maintainability Of Conceptual Model For Re-Engineering Process. Shabana Kausar, Mr. Ahmed Mateen and Mr. Ahsan Raza Sattar	<u>178-192</u>

Chief Patron

Dr. JOSE G. VARGAS-HERNANDEZ

Member of the National System of Researchers, Mexico
Research professor at University Center of Economic and Managerial Sciences,
University of Guadalajara
Director of Mass Media at Ayuntamiento de Cd. Guzman
Ex. director of Centro de Capacitacion y Adiestramiento

Patron

Dr. Mohammad Reza Noruzi

PhD: Public Administration, Public Sector Policy Making Management,
Tarbiat Modarres University, Tehran, Iran
Faculty of Economics and Management, Tarbiat Modarres University, Tehran, Iran
Young Researchers' Club Member, Islamic Azad University, Bonab, Iran

Chief Advisors

Dr. NAGENDRA. S.

Senior Asst. Professor,
Department of MBA, Mangalore Institute of Technology and Engineering, Moodabidri

Dr. SUNIL KUMAR MISHRA

Associate Professor,
Dronacharya College of Engineering, Gurgaon, INDIA

Mr. GARRY TAN WEI HAN

Lecturer and Chairperson (Centre for Business and Management),
Department of Marketing, University Tunku Abdul Rahman, MALAYSIA

Editorial Board

Dr. CRAIG E. REESE

Professor, School of Business, St. Thomas University, Miami Gardens

Dr. S. N. TAKALIKAR

Principal, St. Johns Institute of Engineering, PALGHAR (M.S.)

Dr. RAMPRATAP SINGH

Professor, Bangalore Institute of International Management, KARNATAKA

Dr. P. MALYADRI

Principal, Government Degree College, Osmania University, TANDUR

Dr. Y. LOKESWARA CHOUDARY

Asst. Professor Cum, SRM B-School, SRM University, CHENNAI

Prof. Dr. TEKI SURAYYA

Professor, Adikavi Nannaya University, ANDHRA PRADESH, INDIA

Dr. T. DULABABU

Principal, The Oxford College of Business Management, BANGALORE

Dr. A. ARUL LAWRENCE SELVAKUMAR

Professor, Adhiparasakthi Engineering College, MELMARAVATHUR, TN

Dr. S. D. SURYAWANSHI

Lecturer, College of Engineering Pune, SHIVAJINAGAR

Dr. S. KALIYAMOORTHY

Professor & Director, Alagappa Institute of Management, KARAIKUDI

Prof S. R. BADRINARAYAN

Sinhgad Institute for Management & Computer Applications, PUNE

Mr. GURSEL ILIPINAR

ESADE Business School, Department of Marketing, SPAIN

Mr. ZEESHAN AHMED

Software Research Eng, Department of Bioinformatics, GERMANY

Mr. SANJAY ASATI

Dept of ME, M. Patel Institute of Engg. & Tech., GONDIA(M.S.)

Mr. G. Y. KUDALE

N.M.D. College of Management and Research, GONDIA(M.S.)

Editorial Advisory Board

Dr. MANJIT DAS

Assistant Professor, Deptt. of Economics, M.C.College, ASSAM

Dr. ROLI PRADHAN

Maulana Azad National Institute of Technology, BHOPAL

Dr. N. KAVITHA

Assistant Professor, Department of Management, Mekelle University, ETHIOPIA

Prof C. M. MARAN

Assistant Professor (Senior), VIT Business School, TAMIL NADU

Dr. RAJIV KHOSLA

Associate Professor and Head, Chandigarh Business School, MOHALI

Dr. S. K. SINGH

Asst. Professor, R. D. Foundation Group of Institutions, MODINAGAR

Dr. (Mrs.) MANISHA N. PALIWAL

Associate Professor, Sinhgad Institute of Management, PUNE

Dr. (Mrs.) ARCHANA ARJUN GHATULE

Director, SPSPM, SKN Sinhgad Business School, MAHARASHTRA

Dr. NEELAM RANI DHANDA

Associate Professor, Department of Commerce, kuk, HARYANA

Dr. FARAH NAAZ GAURI

Associate Professor, Department of Commerce, Dr. Babasaheb Ambedkar Marathwada University, AURANGABAD

Prof. Dr. BADAR ALAM IQBAL

Associate Professor, Department of Commerce, Aligarh Muslim University, UP

Associate Editors

Dr. SANJAY J. BHAYANI

Associate Professor, Department of Business Management, RAJKOT (INDIA)

MOID UDDIN AHMAD

Assistant Professor, Jaipuria Institute of Management, NOIDA

Dr. SUNEEL ARORA

Assistant Professor, G D Goenka World Institute, Lancaster University, NEW DELHI

Mr. P. PRABHU

Assistant Professor, Alagappa University, KARAIKUDI

Mr. MANISH KUMAR

Assistant Professor, DBIT, Deptt. Of MBA, DEHRADUN

Mrs. BABITA VERMA

Assistant Professor, Bhilai Institute Of Technology, DURG

Ms. MONIKA BHATNAGAR

Assistant Professor, Technocrat Institute of Technology, BHOPAL

Ms. SUPRIYA RAHEJA

Assistant Professor, CSE Department of ITM University, GURGAON

Title

**PERFORMANCE ISSUES OF INDIVIDUAL AND TEAM
GAME PLANNING**

Author(s)

Mamta Jangra

Department of Physical Education,

Singhania University,

Rajasthan, INDIA

Abstract:

Teamwork in physical education has a dramatic affect on performance. An effective team can help to achieve incredible results. A team that is not working can cause unnecessary disruption and strategic failure. Nowadays it is almost impossible to avoid being a member of team. If you're not on an official team at work, chances are you function within one in one way or another. So it's important for your personal to know your team working strengths and weaknesses. This paper discusses the role of individual and team group planning. Articulating the team's vision is fundamental to developing a high performing team. It's the vision that motivates and directs a team to reach its goal. The best teams invest a great deal of time and energy into exploring and understanding the overall purpose and vision of the team. From this vision, a set of goals and *objectives emerges that helps the team stay focused and on track.*

Keywords: Team development, Motivation, Planning, Adapted Physical Education.

Introduction:

Strategic planning is a relatively new genre of planning, adapted from primarily two sources. Business schools have equipped leaders with institutional planning processes, which were developed from decision making and production control. Community planning schools have prepared planning staffs with models of social planning and physical land-use planning. The business model is more often tailored for a hierarchical organization with top-down control, although this has softened in the dot-com era. The com-munity-planning model is more grass roots, bottom-up, consensus building and is better suited for non-profit organizations and local governments. The former is market share and profit oriented, and the latter is empowerment and constituent needs orient-ed. In between, there is a range of blended approaches. Teams do not become effective overnight. Team building is a process that requires due attention and care. To build, lead, or participate in a team requires an understanding of the stages of team development. Through extensive research, it has been found that successful teams have certain aspects of their development paths in common. Other factors that significantly increase a team's chances of being effective are having a well thought out team orientation process, and developing a clear

team charter. Both of these help you establish clear guidelines and set clear expectations. When the individuals on a team all know what they are supposed to be doing and how they are to go about doing it, you give the team a good start on maximizing performance. An effective team is much more than a bunch of people thrown together to accomplish a goal. Because teams are such an inherent part of how we work, it is easy to believe we know what makes a team perform well, however this is often not the case.

a) Team Game

These are such sports in which one participates as a member of a team whether the team consist of eleven players a football or hockey or it consist of even one member team in lawn tennis, table tennis etc. In the team events the victory or defeat becomes a collective responsibility and it is a cooperative affairs. The games do require a competitor's subservience not only to the rules and regulation but to the leader that is the captain etc. Team games generally require some short of specialization on the sport of participants that is goal keeper. Usually the player playing at these specializations do not change their position team sports involve much of the position and strategic play then individual sports.

b) Individual Game

Unlike team games, individual are conspicuously marked by freedom and independents. Freedom of thought and action is vitally important for development of the innate Potentialities of an individual, especially in a democratic country like India from the point of view of physical benefit individual sport and team games can be equated without any exceptions yet individual sport make one psychologically free individual sports do contribute to the healthful growth and to the development of physical fitness. Generally individual sports are used for the purpose of recreation. However, the element of competition cannot be removed from individual sports also Athletics, Boxing, and Wrestling etc. Though individual sport yet are highly competitive here the individual has not to depend upon any Body else to Register his victory or to make any other person responsible for his defeat if that be the case, in individual sports one may fight against many or one against one.

Strategic Planning:

It is concerned with overall concepts of the operation. It involves determining major objectives of the company as well as how to acquire and dispose of the resources necessary to achieve the objectives. In strategic planning, therefore, opportunities and external constraints are analyzed and matched with the internal strengths and limitations of the organization. The fundamental purpose, the mission, the overall objectives as well as the more specific overall objectives are, to a large extent, determined by top management, with, of course, input from lower level managers. These objectives are then further broken down into divisional, departmental, unit, and individual objectives. The process of setting objectives, however, is not a one-way street.

a) Planning for Action

Action planning determines what functions, tasks, and activities must be carried out to accomplish the objectives; how to achieve the objectives most effectively and efficiently; when the tasks and activities must be done; and who will do them. Action planning is therefore concerned with identifying and grouping activities; coordinating, vertically and horizontally, the efforts of groups and individuals; defining roles, authority, and responsibilities for each individual; scheduling the activities; and determining the need for human, financial, and other resources required to achieve the objectives.

Since action planning is a complex, time-consuming process, it should be used with discretion. Therefore, it is often reserved for planning of the actions for the more complex or critical objectives.

b) Plan Execution

Plan execution is the second phase of strategic planning. In this step, an association puts its plan into action through the allocation of resources. This step has three components:

1. *Programs*: - Association programs serve as blueprints for converting objectives into realities.
2. *Procedures*: - Procedures are the specific sequence of tasks required to complete the Program.

3. *Budgets*: - An association should prepare budgets to fund programs. Instead, many develop programs based on their budgets. Simply put, an association should be strategy-driven, not budget-driven.

If the plan development phase was put together well, then the plan execution phase is much easier. Many of the previously discussed items such as teamwork, roles, communication, and education are important and apply to the plan execution phase. Hold periodic meetings to review progress on short-term goals and plans. Without periodic meetings and reviews, the community will not move forward and achieve its goals. Lastly, adaptability is crucial to the plan execution phase since all plans will have flaws. If the team members are not adaptable, there may be simple issues that will not be resolved in a reasonable manner and the community will suffer.

Adapted Physical Education:

A diversified program of developmental activities, games, sports, and rhythms designed to meet the individual needs of students with disabilities who may not participate safely or successfully in the regular physical education program. Adapted Physical Education programs should be established by the evaluation process or the Individual Educational Program (IEP) process.

Modified Physical Education:

This term describes physical education programs that provide an alternative to regular physical education programming for students with temporary medical exceptions such as sprained ankles, broken bones, recuperation from minor surgery, or an extended illness. Modified Physical Education programming may also include students having spiritual or cultural objections to the regular physical education programming. Class procedures may need to be modified and not placement alternatives, i.e., separate changing facilities, the elimination of swimming and showers, modified dress requirements, or being excused from participating in contact sports. Goals and objectives for the regular physical education program may be slightly modified to address the temporary condition of the student.

Team Member Development:

No matter what role a person plays in a team, or what tasks he or she has been assigned to, there is almost always room for personal improvement. When the individuals on a team are functioning at high capacity, the team can flourish as well. This is a critical understanding in team performance. Although there is no "I" in "Team" you have to remember there is no team without individuals. You have to build and foster the skills in the individuals that are congruent with the needs of the team.

a) Understanding and Collaboration

The team functioning explored by quiz covers how well you and your team are able to collaborate and understand the key issues facing the team. Again, this goes back to the idea of cohesion. Members of successful team all head in the same direction, and work for the same purpose. When priorities and goals diverge, tensions appear within the team, and the whole is often no longer greater than the sum of its parts. This is a fundamental issue for high performing teams. Consensus, consistency and agreement are vital for effective teamwork.

b) Managing Conflict

Conflict can be an inevitable consequence of working with other people. Opinions, values, styles, and a whole host of other differences provide more than enough grounds for disagreement. This disagreement is actually part of the reason why teams can be so effective – the more perspectives that go into a process, the better the end result. Usually allowing the differences to get out of hand, though, causes unnecessary disruption and leads to breakdowns in working relationships. Team members and leaders should take it upon themselves to understand the basics of conflict management and also learn more about different styles and ways of thinking and working.

Conclusion:

Without doubt, there are examples of positively implemented programs and good practices in physical education and in physical education teacher education in most, if not all, countries across the world. Furthermore, there is an array of individual and institutional endeavors to optimize the quality of physical education delivery and so enhance the experiences of children in

schools. Equally there is evidence to generate considerable continuing disquiet about the situation. It is clear that in too many schools in too many countries there is a record of failure in physical education.

References:

- American Academy of Family Physicians, American Academy of Orthopedic Surgeons, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopedic Society for Sports.
- Medicine & American Osteopathic Academy of Sports Medicine. (2003). Female athlete issues for the team physician: A consensus statement. *Medicine & Science in Sports & Exercise*, 35(10), 1785–1793.
- American Academy of Pediatrics, Committee on Sports Medicine and Fitness. (2005). Promotion of healthy weight-control practices in young athletes. *Pediatrics*, 116(6), 1557–1564.
- American Academy of Pediatrics, Committee on Sports Medicine and Fitness. (2001). Medical conditions affecting sports participation. *Pediatrics*, 107 (5), 1205–1209. Retrieved in 2005 from <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;107/5/1205>.
- American Academy of Pediatrics, Committee on Sports Medicine and Fitness. (2001). Organized sports for children and preadolescents. *Pediatrics*, 107(6), 1459–1462. Retrieved in 2005 from <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;107/6/1459>.
- Andersen, J., Courson, R. W., Kleiner, D. M., et al. (2002). National Athletic Trainers' Association position statement: Emergency planning in athletics. *Journal of Athletic Training*, 37, 99–104.
- Anderson, M. (2002). *Fundamentals of sports injury management*. Philadelphia: Lippincott, Williams & Wilkins.
- Baumgartner, T. A. & Jackson, A. S. (2003). *Measurement for evaluation in physical education and exercise science (7th ed.)*. Boston: McGraw-Hill.

- Bayne-Smith, M., Fardy, P. S., Azzollini, A., et al. (2004). Improvements in heart health behaviors and reduction in coronary artery disease risk factors in urban teenage girls through a school-based intervention: The PATH program. *American Journal of Public Health*, 94(9), 1538–1543. Retrieved in 2005 from <http://www.ajph.org>
- Centers for Disease Control and Prevention. (2005). Physical activity and good nutrition: Essential elements to prevent chronic diseases and obesity. Atlanta, GA: National Center for Chronic Disease Prevention and Health Promotion. Retrieved in 2005 from http://www.cdc.gov/nccdphp/aag/aag_dnpa.htm.
- Centers for Disease Control and Prevention. (2002). Physical activity evaluation handbook. Atlanta, GA: United States Department of Health and Human Services. Retrieved in 2005 from <http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>
- Dietz, W. H. (2005). Physical activity recommendations: Where do we go from here? *Journal of Pediatrics*, 146, 719–720.